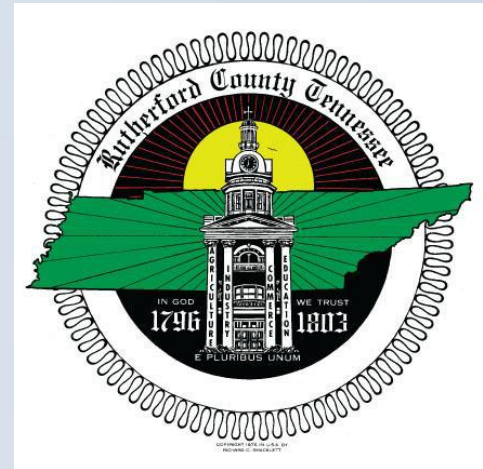


Rutherford County Safety Training

Back Safety





Course Outline:

Objectives:

- Define back safety and its benefits
- Identify hazards & risks that cause back injuries
- Know how to reduce risk factors
- What to do if you injure your back

Assessment

- *5 question quiz*

Why do we Train on Back Safety?

1. Create awareness for our employees on proper safety techniques.
2. Presently, strains and sprains are the leading cause of work related injuries with Rutherford County employees.
3. So that everyone goes home at the end of the day safe and healthy!!

Stats on Back Injuries

- 1 in 5 on-the-job accidents are back injuries!
- 80% of On-the-Job Injury costs are related to back injuries!
- 50 Billion Dollars per year spent on back injuries!
- Causes 40% of all absences from work!
- Lifting improperly is the single largest cause of back pain and injury!



What do Back Injuries Cost You?

- Lost Wages
- Pain
- Strains and sprains
- Ligament & tendon injuries
- Ruptured or slipped disks
- Back injuries are hard to treat and slow to heal
- Limited movement on and off the job



A back injury goes home with you at the end of the day

Hazards & Risks Causing Back Injuries

1. Lifting (most common cause of back injuries)

- Heavy or incorrect lifting
- Twisting at the waist while lifting
- Reaching and lifting
- Carrying oddly shaped or awkward loads

2. Slips, Trips, and Falls

- Poor housekeeping
- Inattentive walking/in a hurry
- Spills or slippery floors



Reduce the Risks of Back Injuries

- ✓ **Avoid bending whenever possible**

If you or someone else will need to lift an object later, put it down on a table or elevated surface

- ✓ **Avoid lifting objects stored over your head**

Use a step ladder to prevent reaching and lifting items

- ✓ **Exercise or stretch on a regular basis**

“Increased agility with exercise and try to “Warm up” with some gentle stretching before lifting.

- ✓ **Team Lift**

Use two or more people to lift heavy loads; Ask for help





Reduce the Risks of Back Injuries

❖ Technology is your friend

- ✓ Use a dolly, back brace or other lifting aid

❖ Pay attention to your surroundings

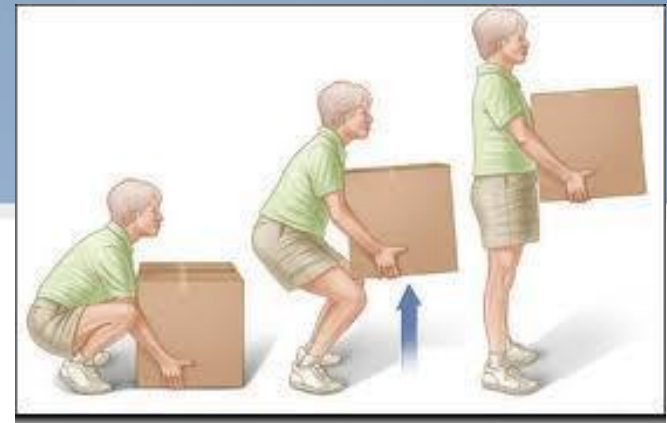
- ✓ Ensure the floor is free of trip hazards (i.e. Spills, Clutter, Cords)

❖ Plan the Lift

- ✓ Move objects as few times as possible
- ✓ Avoid holding objects for long periods
- ✓ Take the safest route



Proper Lifting Tips



TUCK:

Tighten stomach muscles and tuck pelvis to keep your back in balance

BEND KNEES:

Bending at your knees centers your balance & distributes weight.

HUG:

Hold object lifted as close to your body as possible.
Gradually straighten to standing position.

Proper Lifting Tips

- **DON'T BEND AT THE WAIST:**

This is the easiest way to strain your back & cause damage to your spine.

- **DON'T TWIST:**

Twisting can overload your spine & lead to serious injury. Feet, knees & torso should be in alignment.

- **DON'T BE A HERO:**

If a load is just too large, heavy or awkward to carry, don't take unnecessary risk. Get someone to help you.



Poor lifting technique

Avoiding Unnecessary Strain

- Avoid standing in one place for too long
- Wear appropriate footwear
- Take frequent breaks to gently stretch your back and legs
- Sit properly, with your feet flat on the floor and shoulders back



If You Injure Your Back

☐ **Get up slowly**

If it hurts too much to move, then stay where you are and send for help

☐ **Don't ignore pain**

You make the injury worse by ignoring it

☐ **Report the injury**

Your supervisor should be notified immediately





Safety Training Contact

For answers to questions, interactive discussion or other information related to ***Back Safety, please contact:***

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Wellness & Safety Coordinator

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Quiz

Click on the link below to take a 5-Question Quiz:

https://secure.rutherfordcountyttn.gov/back_safety

You must take the quiz to receive credit for the Safety Training.

Once you have linked to the quiz, please enter your Social Security Number at the top. You will need to enter it according to the example shown (ex. 999-99-9999 with hyphens included). Once finished with the questions, please click the submit button and your training will be recorded.